

Title:

Magical Pushbutton States

Word Count:

903

Summary:

A decade ago, I used to compete in Okinawan Karate.

Competitive karate is a roller coaster ride of glorious victories and bitter failure. There we

Keywords:

NLP, persuasion techniques, motivation, emotions, depression, passion

Article Body:

A decade ago, I used to compete in Okinawan Karate.

Competitive karate is a roller coaster ride of glorious victories and bitter failure. There we

My team never ceased wondering how I can be a sluggard one day and a murderous one-man army th

"Joe," Trish used to tell me, "How in the world do you get into the zone the way you do?? You

I'd shrug and say that destiny meant for me to win that day.

Today, I realized it's all a matter of states.

States? What in the world is that?

Turn on the TV or listen to the radio and you'll soon hear a popular self-help guru asserting

Step back a bit more and travel to the days of your Psych 101. Do you already recall how state

Look at the following list of words and observe how they describe common human states:

Euphoria

Confidence

Creativity

Lust

Fear

Focus

Relaxation

Warmth

Nervousness

Complacency

Now ask yourself this: What would it be like to change your state at will? Imagine flicking a

To be able to shift from one state is empowering because you can back up any endeavor with the

Alrighty- Let's get down to business then. Before you shift gears, first learn to pace where y

1. Take a deep breath and identify the state your mind is currently engaged in. Expand your aw

Right now the weather is 31 degrees Celsius, I'm sweltering like a pig and feeling cranky as a

Have you already discerned how you feel? Whatever it is, accept it as \*your state.

2. Purge your mind till you feel neutral. Get all the garbage out.

3. Identify the state you desire.

Most folks focus so much on their existing state that they fail to identify their desired state.

Folks, it's important to understand that the human neurology is goal seeking. Your mind demands

3.1 Method One: Recall an occasion when your mind oozed with the radiance of your chosen state.

Ok. That's done. Break your state by doing something uninspiring such as recalling the color of

Squeezing is a technique called anchoring. Search the archives for more info on this. Elroy and

3.2 Method Two: First query yourself, "What am I experiencing when I feel (your state)" then picture  
like to be "suavely debonair", visualize the time you exuded sensual confidence around the opportunity

Make the picture really big and bright. Increase the volume and picture quality. Then leap into  
Relish the state. Then squeeze that ticklish part again.

Advanced Techniques

Whip up a list of states that you'd love to experience more. Choose either of the methods discussed

In the Next Article

Hate paying bills? Cleaning the lawn? Doing the laundry? We'll explore how to conjure irresistible

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